



Manresa Jesuit Spiritual
Renewal Centre
2325 Liverpool Road,
Pickering, ON L1X 1V4
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DAY OF REFLECTION FOR WOMEN

Saturday, October 25, 2025

9:30 am - 4:00 pm

Effective Communication: How to Motivate Others and Have Difficult Conversations

Do you struggle to express your needs or shy away from tough conversations?

Join us for a transformative day of learning, sharing, and connection with faith-filled women. Discover how your Temperament strengths, motivations, and ideal conditions influence the way you communicate. Determine practical ways to ask for what you want and need — while inspiring and understanding others. Come away for a day to grow and rest from the busyness of life.

This interactive workshop reflection day will teach you how to get others engaged and motivated into useful, life-giving and purposeful action by leveraging their motivational preferences. When you learn what inspires and excites people in your life, you can get them to engage tasks with greater enthusiasm. We will also explore how to enter challenging conversations with clarity, confidence, and considerate compassion towards the other person.

To participate fully and get the most out of this experience, please take this free temperaments quiz:
<http://www.temperamentquiz.com> and bring the results to the day of retreat.

Suggested Offering: \$ 70.00 per person

Includes lunch and coffee/tea break on arrival

For more information and to register,
please contact Veronica at:
boutiquecoachingconnections@gmail.com



Veronica Ljubicic is a Salesian Cooperator and certified Catholic Life Coach trained through Metanoia Catholic. She guides women through workshops, retreats, group, and one-on-one coaching where she helps them discern and develop their gifts, grow in resilience by optimizing their internal and external environments, and customize strategies that support them through work-life transitions. Formerly, Veronica worked in youth and young adult ministry where she developed foundational programs and networks throughout the GTA and Canada. Her background is in Communications, Marketing and Business. She resides in Toronto and offers her services through Boutique Coaching Connections.